



**Keywords:** Sleep disorders; Diabetes mellitus; Glycemic control; Obstructive sleep apnea; Insomnia; Restless legs syndrome; Integrated care; Multidisciplinary approach

## Introduction

Sleep plays a crucial role in regulating metabolic processes, including glucose metabolism, insulin sensitivity, and appetite regulation. Sleep disorders, such as obstructive sleep apnea (OSA), insomnia, and restless legs syndrome (RLS), are common among individuals with diabetes and can exacerbate metabolic dysfunction, contributing to poor glycemic control and increased cardiovascular risk. Understanding the impact of sleep disorders on diabetes management is essential for optimizing patient care and improving health outcomes [1,2].

## Methodology

Mechanisms linking sleep disorders and diabetes: Several

reducing diabetes-related complications, and enhancing quality of life in individuals with diabetes. Additionally, efforts to raise awareness